



infosheet

Exercise for Arthritis

Arthritis is a very common condition affecting many Australians, both young and old. There are several forms which all have the potential for a huge impact on daily life; making everyday tasks difficult due to pain, stiffness and fatigue. The good news is that research has found exercise can provide lasting relief from these debilitating symptoms if it's tailored to an individual's needs. The right kind of movement and physical activity help nourish joints, stimulate bone strength and strengthens supporting muscles for stability and protection.

At Solutions we have developed an exercise program which works with the limitations imposed by arthritis and improves aerobic fitness, strength, mobility and functionality under the guidance of our accredited exercise physiologists. The program also provides support and knowledge to continue exercising for long term health benefits.

Who is suitable?

If you are living with osteoarthritis, rheumatoid or other forms of arthritis you may be suitable for our program. To find out, arrange an initial consultation with a Solutions Exercise Physiologist who will assess your current level of function, mobility, strength and fitness. They will also discuss what is involved in the program and if there are any more suitable options. Some clients may be more suited to one-on-one sessions or other Solutions fitness packages. Our concern is to provide the program that will give you the greatest benefit.



What is involved in the program?

Our sessions run for one hour and generally involve:

- Low impact cardio exercise
- Strengthening exercises
- Exercises to improve ability to perform everyday tasks
- Gentle stretching and mobility
- Education on your condition and how to manage symptoms.

Cost and rebates:

Initial consultation \$95
10 small group sessions \$280

Rebates are available through most health funds.

What next?

If you'd like to find out more, please ring the number below to speak to one of our staff. We will arrange your initial consultation to discuss your goals, assess your capacity and find the best option for you.

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www.solutions4wellbeing.com.au
On-the-spot health fund rebates and EFTPOS available via TYRO.